

# THDN 072: Major Movement Tech. II

Explore intermediate theoretical and physical studies of Pointe Technique. Study pointe shoe tutorial on the various shoe types, and individual assessments. Understand advanced pointe basics of necessary lower extremity muscle and joint strength, total body alignment, and foundations of barre and center work tailored to pointe technique.

**Credits:** 2

**Prerequisites/Permissions:**

Prerequisite: THDN 071

**Program:**

## Dance Arts